Moon Phases at a Glance

Your quick reference chart for working with all eight phases of the lunar cycle

	Phase	Focus	What It Looks Like	How to Work With It
	**New Moon**	**Set Intentions**	Invisible, the start of the cycle.	Write down what you want to grow. Sit with the questions. Keep it simple, you are planting a seed.
	**Waxing Crescent**	**Take First Steps**	A growing sliver of light.	Take the first small action. Research it, make the call, buy the supplies. Just start.
	**First Quarter**	**Push Through**	Half lit, around day 7.	Expect friction. This is a decision point, not a wrong turn. Choose to keep going.
	**Waxing Gibbous**	**Refine**	More than half lit, brightening.	Adjust and fine tune. Edit the project, troubleshoot the habit. You are almost there.
	**Full Moon**	**Release & Celebrate**	Fully illuminated, the midpoint.	Celebrate what came to fruition. Notice what surfaces emotionally. Do a release ritual.
	**Waning Gibbous**	**Reflect**	Just past full, light shrinking.	Process what happened. Journal on what you are keeping and what you are letting go.
	**Last Quarter**	**Clear Space**	Half lit, heading back to dark.	Cancel, declutter, have the hard conversation. Anything that clears space counts.
	**Waning Crescent**	**Rest**	The final sliver before dark.	Slow all the way down. Sleep more, plan less. Rest is part of the design.